

Eat Fish. Be Smart. Choose Wisely.

Seafood is low in fat, rich in omega-3s, and good for your heart and brain – but trying to balance its health benefits with concerns about contaminants such as mercury and PCBs can leave you floundering. Clip this handy Seafood Guide, put it in your wallet, and use it at the fish counter. It will help you make healthy choices – especially if you are or might become pregnant, if you are nursing or feeding young children, or if you are concerned about contaminants in fish.

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2-3 MEALS PER WEEK FROM THIS LIST	OR	1 MEAL PER WEEK FROM THIS LIST	AVOID EAT RARELY, IF AT ALL
Follow these guidelines to reduce exposure to mercury, PCBs, and other contaminants:			Women who are or may become PREGNANT, NURSING MOTHERS, and CHILDREN should NOT eat these fish:
Anchovies Butterfish (<i>Silver pomfret</i>) Catfish Clams Cod (<i>Pacific</i>) (<i>Atlantic</i>) Crab (<i>blue, king, snow,</i> <i>(US, Canada)</i> (<i>Russia</i>) Crab-Imitation Crayfish Flounder/Sole <i>(Pacific)</i> (<i>Atlantic</i>) Herring Mackerel (<i>canned</i>) Oysters Pollock/Fish sticks	Salmon (<i>fresh, canned</i>): Chinook (<i>coastal, Alaska</i>) Chum Coho Farmed (<i>Atlantic</i>) * Pink Sockeye Sardines Scallops Shrimp (<i>US</i>) (<i>Imported</i>) Squid/Calamari Tilapia (<i>US, Central</i> <i>America</i>) (<i>China, Taiwan</i>) Trout Tuna (<i>canned light</i>)	Black sea bass <i>Chilean sea bass</i> Chinook salmon <i>(Puget Sound)</i> Croaker (<i>white, Pacific</i>) Halibut (<i>Pacific</i>) (<i>Atlantic</i>) Lobster (<i>US, Canada</i>)	Mahi mahi <i>Monkfish</i> Rockfish/Red snapper <i>(trawl caught)</i> Sablefish Tuna (<i>canned white Albacore</i>) <i>(WA, OR, CA trawl caught)</i>
Fish Not On the List? Call DOH toll free at 1-877-485-7316 for information. * Farmed Salmon health and environmental impacts are controversial. For more information, visit www.doh.wa.gov/fish/farmedsalmon .			Adult Seafood Meal = 8 oz. UNCOOKED Child Seafood Meal = 4 oz. UNCOOKED A seafood meal appropriate for your body size is about the size and thickness of your hand. <i>Figures based on a 160 lb. adult and an 80 lb. child. To personalize a meal size, add or subtract 1 oz. for every 20 lb. difference in body weight.</i>
ORANGE TEXT indicates seafood choices that are over-fished or are harvested in environmentally harmful ways.			

healthy hints

Reduce your exposure to PCBs and other contaminants that collect in the fatty parts of fish by up to 50%

- Remove fat and skin before cooking.
- Grill, broil, or bake the fish.
- Let fat drip off during cooking.
- Don't use the fat for gravy or sauces.

Note: Mercury is stored in the fillet (muscle) of fish and is not reduced by preparing fish this way.

To reduce exposure even more:

- Eat a variety of fish.
- Consume younger, smaller fish.
- If you eat more than the recommended amount of fish one month, try to eat less the next month.



For more information, contact DOH

TOLL FREE: **1-877-485-7316** TDD LINE: 1-800-833-6388

or visit **www.doh.wa.gov/fish**

This document available in other formats for persons with disabilities.

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For ocean-friendly choices that protect fish habitat and support well-managed fisheries, visit www.seafoodwatch.org.